



WOMEN'S ABILITY TO ENDURE PAIN

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When we talk about pain, the women have proven to have more ability to endure pain than any other people. This is very true and is really prevalent among moms. Because of the busy schedules and hectic lives of the mothers, they don't even have enough time to deal with, let alone think about chronic pain. They are so much engrossed with the whereabouts and how to take care of their family. They are oblivious of everything, even to the point of experiencing pain itself to the truest sense of it. They work very hard to raise their family. That holds true for me too.

We all know that it is not easy to be a mother, especially if she is a working or single mom! But I must say that there is one specific challenge that is a drag to a lot of mothers out there that we never talk about and that is, chronic pain. You and I will agree that most moms are too dead busy to pay attention to pain. They even hardly notice that they are already in pain because their tolerance to pain is at the highest level. A mom's only concern is if she has attended to all the needs of her family and she doesn't even bother to give a damn care to herself. That only means that her family goes first and foremost for her.

There are a lot of times that mothers wouldn't even tell anyone that she is in pain. They are too busy rearing up their kids and once their children have grown up and leave the house, that's the only time they bother to tell about the pain they experience. Then it is only through that instance that it becomes a priority. When everything else around them has been settled down, or maybe if that pain felt is getting severe, then that is the time they will muse about sharing their pain. I guess this is a real testimony of every mother's ability to endure pain.

We are talking about not only the back or hip pain but it can even be more severe than that. So, allow me to share three facts about chronic pain for mothers that I have read. First, pain is, more often than not, a sign that muscles are unbalanced, whether from activity, inactivity or from a traumatic event. Actually, giving birth qualifies as traumatic. Second, if pain has been felt and left long enough, imbalances can severely affect your ability to function in your daily life. Lastly, one must not be adamant to pain for it's not about how old you are and whatever age you maybe, that you should address these muscle imbalances. Have in mind that when you experience it, you should get rid of the pain that you've felt.

Don't let pain be a fiasco but instead one should try to learn a few stretches to help rebalance your hip or back muscles or whatever part maybe affected so as to help take away the pain felt. For mothers like me, who have the ability to endure pain, let us deal and treat the pain that has been an earmark for moms in this world.

Questions for discussion:

1. Do you have that ability to endure pain which often leaves you to discard the pain that you feel? Why?
2. Are you often exposed to pain that is why you are less affected of it most of the time? Explain your answer.
3. As a woman, do you believe that you can withstand all the pain that you encounter giving you the ability to endure? Justify your answer.
4. Does enduring pain become more a nuisance rather than ability for you? Why or why not?
5. Cite or share your experience when you had that ability to endure pain most.